



A heart based workshop on end of life care led by **Amanda Waring**

How can we make sure that the last years and months of life are dignified and fulfilling? How can we ensure that people's health and wellbeing is as good as it can be at the end of life?

Come and experience a beautiful workshop on end of life care that will explore innovative techniques to ease transitions, and natural supportive ways to relieve pain and anxiety.

We will explore the power of communication, the ability to be with those who are dying, to honour them through music, song, silence, touch, so that we may enhance the lives of not only those we are caring for but of ourselves as well. We will look at regrets, and forgiveness, gratitude and explore grief and the sensitive support of the relatives during this time.

You will receive guidance on ways to offer emotional and spiritual support and what to do when you feel overwhelmed.

We will explore rites from other cultures to enrich our own and to provide inspiration for ceremonies that uplift and celebrate those that are nearing the end of life.

This workshop will be reflective, meditative, poignant and unforgettable as we remember that to care for those that are dying is sacred work. Through this workshop you will find new ways to connect to your heart and the heart of those you look after. For at the end of a person's life it will be the love that they have received that they will remember.

Places are limited so book early 07970027744



Amanda Waring
Inspire, develop, grow